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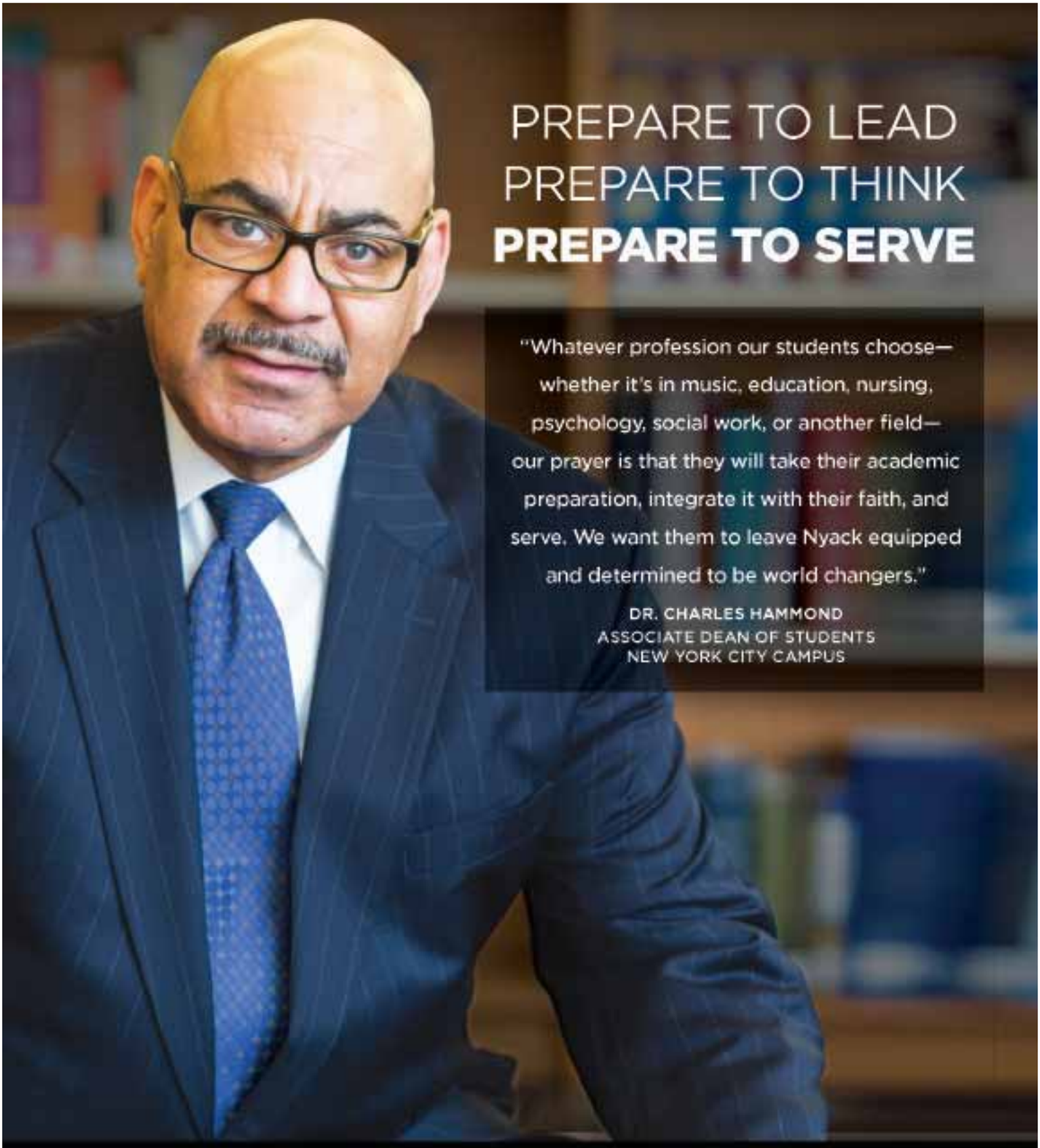
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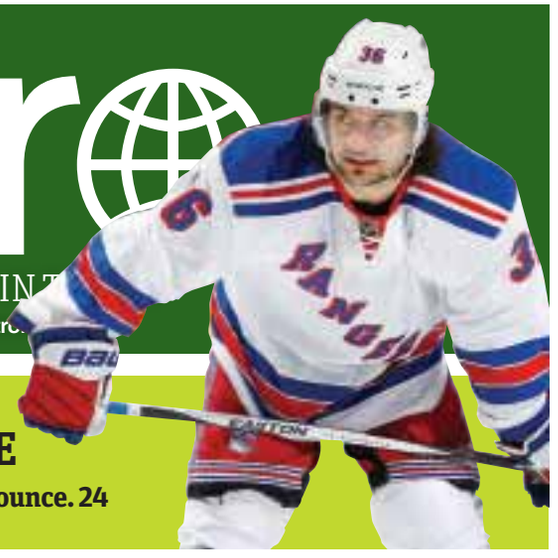

BACK IN THE BIG APPLE

Unlikely contributors have New York ready to pounce. 24

NYC warns of 'upskirting' pervs. 4

Sharing an office no longer has to suck. 22-23

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GREEN AND LOVING IT

New Yorkers turned out to Union Square on Sunday to kick off this year's Earth Day festivities. 6

HANNAH MATTIX

3 THINGS YOU NEED TO KNOW

OBAMA IMMIGRATION ACTION GOES BEFORE SUPREME COURT

The Supreme Court will hear a case on Monday that tests the boundaries of presidential powers, confronting the question of whether President Barack Obama exceeded his authority with unilateral action to spare millions of people in the country illegally from deportation. The case, one of the most consequential of the court's current term that ends in June, pits Obama against 26 states led by Texas that filed suit to block his 2014 immigration plan. The high court is evenly divided with four liberal justices and four conservatives following the February death of conservative Antonin Scalia. That raises the possibility of a 4-4 split that would leave in place a 2015 lower-court ruling that threw out the president's executive action that bypassed the Republican-led Congress. REUTERS

UK POLICE BAIL ONE OF FIVE LINKED TO PARIS, BRUSSELS ATTACKS

British police have bailed one of five people arrested last week on suspicion of preparing acts of terrorism, West Midlands Police in central England said on Sunday. British police arrested five people last week as part of an investigation which a security source said was linked to the attacks in Paris and Brussels. Four were arrested in Birmingham, central England, and one at London's Gatwick Airport. West Midlands Police said in a statement that four people, three men and one woman, were still being questioned after securing warrants of further detention, while a 59-year-old man had been bailed "with strict conditions". REUTERS

CHINESE OFFICIAL CALLS DONALD TRUMP 'IRRATIONAL' ON TRADE

Chinese Finance Minister Lou Jiwei criticized Republican presidential front-runner Donald Trump, calling him "an irrational type" due to the candidate's proposal that tariffs on imported Chinese goods be increased to up to 45 percent. In an interview with the Wall Street Journal published on Sunday, Lou said, "Trump is an irrational type. If he were to do this, that would be in violation of the rules set by the World Trade Organization." Lou said that if the United States put Trump's proposal into effect, it "would not be entitled to its position as the world's major power. The U.S. needs to recognize that the U.S. and China are mutually dependent on each other. Our economic cycles are intertwined."
REUTERS

GETTY IMAGES

BOLARIS' WEATHER WATCH: WINTER STORM VEXO … ARE YOU KIDDING ME?

Bolaris' Weather Watch

JOHN BOLARIS
@weathersavior

Here is a great weather fact for you: Did you know that there are 34 locations in the Rockies and High Plains where April is the snowiest month of the season? Not January, not February, not March — but April! Breckenridge, Colorado, averages 26.5 inches; Casper, Wyoming, 11.6 inches; and Mount Rushmore, South Dakota, 11.3 inches of snow for the month of April.

Right now, while the East has been basking in sunshine and pleasant temperatures, the West has been dealing with Winter Storm Vexo. Yes, you heard me right: "Vexo." Why the Weather Channel names winter storms is beyond me, although I think I know how it all started. I had a news director back in the '90s when I was working for NBC10 Philadelphia that insisted we name all winter storms. I couldn't stand it. I thought it should only be reserved for the naming of hurricanes and typhoons. Anyway, with me being me, I started to nickname the storms. For instance, we had Winter Storm Charlie.

I would simply call the storm Chuck. This drove my news director insane and he eventually put an end to naming winter storms. I won that small battle, but eventually he got even and fired me some 12 years later, winning the war. Note to future TV meteorologists: Make sure to keep your friends in this business close, and your enemies even closer. Play nice to your news director and stay under the radar … pun intended.

Alright, got that off my chest. Now let's get back to sexy Vexy, which has been dumping a ton of snow across the Rockies as skiers rejoice. Here's the latest snow totals in Colorado … and it's still snowing:

Denver: 11 inches
Breckenridge: 12 inches
Eldorado Springs: 32 inches
Conifer: 45.5 inches

You get the picture: a boatload.

For us here in the Northeast, our beautiful weather will continue through mid-week, with the next chance of widespread rain not coming until Thursday and Friday.

New York this week:

Monday: Marvelous, 76

Tuesday: Sun and clouds, cooler, 68

Wednesday: Golden sunshine, 65

Thursday: Late-day clouds, 69

Friday: Scattered showers and a boomer, 70

Weekend outlook:
Saturday: Developing sunshine, 65

Sunday: Copious amounts of the solar disk, 67

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HANNAH MATTIX/METRO

Manhattan DA launches campaign to warn of 'upskirters' as weather gets warmer

Devices used to illegally photograph or film victims include smartphones and small cameras concealed in items such as newspapers and soda cans.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

As the weather gets warmer, one Manhattan official is asking New Yorkers to keep an eye out for anyone looking to invade their privacy — with just the click of a button.

Manhattan District Attorney Cyrus R. Vance Jr. has launched a new social media campaign looking to raise awareness of "upskirting" — which he defined as the illegal, voyeuristic act of taking someone's photo without her knowledge or permission.

As the days begin to get warmer, the number of incidents of "upskirting" begins to increase. Just last month, Manhattan authorities arrested five "upskirters" during what was a warm week.

The campaign aims to let the public know of both the crime and also its consequences, while also informing people of the locations and methods favored by the alleged criminals.

According to Vance, frequent locations for "upskirting" in Manhattan include subway stations at Lexington Avenue-59th Street, Grand Central Station, Times Square and Union Square. Victims can be targeted on subway cars, platforms, stairs, escalators, benches and in other crowded areas.

Devices that are normally used to take the illegal photos or in some cases videos include smartphones and small cameras that can be hidden in items such as newspapers, briefcases, soda cans, jackets, hats and even buttons.

Authorities said that devices that have been seized often have photos or videos of multiple women — with as many as two dozen in some serious cases.

Anyone caught committing the act of "upskirting" faces charges of unlawful surveillance, which carries a maximum penalty of up to 16 months to four years in jail and also potential sex offender registration. If any images have been shared or publicized online, the individual also faces being charged with a second felony crime.

Vance said he urges anyone who sees this act being committed to report the incident to the NYPD or an MTA employee or call 911.

"This is a serious crime with serious consequences," Vance said. "I urge New Yorkers to stay aware, and most of all, to report this behavior to law enforcement — either by telling a nearby police officer or calling 911. These are not victimless crimes, but damaging invasions of privacy, and so-called 'upskirters' will be prosecuted to the fullest extent of the law."

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Community solar set to give New Yorkers the benefits of solar energy, without the hassle

Clean Energy Collective will build an array of solar panels at a location in the city and residents will be able to purchase solar panels to meet their desired power usage.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

The idea of benefiting from solar energy might seem like a dream for many New Yorkers who live in apartment buildings or don't have a roof to call their own, but now one company is looking to turn that dream into a reality.

Clean Energy Collective (CEC) has announced that it will be launching RooflessSolar, also known as community solar, in New York City, offering residents across the five boroughs the chance to take advantage of solar power — without having to worry about maintaining panels on a roof.

"It's an extremely efficient and effective way to go to solar without any of the hassle of installation and maintenance," said Todd Davidson, AVP Marketing for CEC.

The way RooflessSolar works is CEC will build and maintain an array of solar panels in a location in the city. Residents will then be able to sign up for the community solar and buy panels all depending on their desired power needs.

Energy is then transferred to the resident's utility and they receive bill credits directly to their electric bill.

Customers can choose how much solar offset or power they exactly need and can buy into more energy as time goes by. CEC will also evaluate every individual household's power usage and give recommendation on how big of a system they need. Through community solar, CEC takes care of all maintenance, service and insurance.

Residents will also be able to keep track of their energy through a mobile or desktop app offering real-time production performance and instant savings reports.

Since launching the first community-owned solar array in the nation in 2010 in Colorado, CEC has built or has under development over 100 roofless community solar projects across 11 states.

Although CEC can't disclose where exactly the panels are going to be located in New York City — due to leasing arrangements — Susanne Riis, senior marketing manager for CEC, said that it is expected to be able to accommodate about 500 customers.

There will be two different "load zones," and residents from all the five boroughs and also north of New York City will be able to sign up.

"Most people think they can't do rooftop panels," Riis said. "In this situation it gives everybody the opportunity to go solar just as if it was on their roof."

With offering RooflessSolar to the residents of the Big Apple, CEC hopes customers will be able to get the same benefits as if they were to install the solar panels on their own roofs — and also save money on their energy bills.

Riis added that she encourages anyone who is curious or interested in possibly become part of the CEC community to check out the RooflessSolar website and also contact the company.

To spread the word to New Yorkers, CEC was also one of the partners present during Earth Day Initiative's Earth Day New York on Sunday. During the event — which featured dozens of exhibitors, interactive displays, and live performances — CEC offered attendees more information on RooflessSolar.

"We've opened up the market place for everyone," said Tim Braun, CEC public affairs director. "It's the idea of equal access that we are so excited about."

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Earth Day events draw thousands to Union Square

The Earth Day Initiative promotes environmental awareness through school, business and government partnerships.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

New York's annual Earth Day Initiative took place on Sunday in Union Square, with interactive displays, eco-friendly art, live entertainment, kids' activities and delicious food handouts. HANNAH MATTIX/METRO

This year's Earth Day celebration commenced in Union Square on Sunday as thousands of environmentally conscious city residents came together to stand up for the Earth by supporting dozens of environmental organizations and green businesses while enjoying interactive exhibits and live performances.

Pamela Lippe, president and founder of the Earth Day Initiative, said that Earth Day tends to focus in on what people can do.

"That's why there's a focus on the sharing economy and on vehicles and food, because Earth Day at its core is about engaging the public on what they can do," she said. "Millions of people doing the little things is what will make a real impact," Lippe added.

The Earth Day Initiative promotes environmental awareness and solutions through partnerships including schools, businesses and governments.

Kathryn Garcia, the city's department of sanitation commissioner, was recognized on Sunday as Public Official of the Year for mostly expanding the city's organic curbside recycling program, which now serves more than 700,000 people across the city.

The program helps the city reduce trash disposal costs and create compost that can be used to beautify city parks, gardens and can be sold to area landscapers.

"In addition, we also did events Sunday on Staten Island focused on safe disposal of items including electronics and paints/solvents. We don't want any of that getting into the environment," she said.

Dozens of green organizations including Zipcar and Spinlister, a bike-share company, made their pitches to strolling attendees while organic/natural food companies Honest Tea, Manitoba Harvest and Fresh & Co. made their impact with free samples.

Alex Perez, COO of Fresh & Co, city-based restaurants known for using fresh and local ingredients, said they expected to give away at least 50 pans of food including organic burrito bowls. "It's great to give back to the community," he said.

For students, there was the Bio Bus, a mobile science lab that drives to different schools daily across the city, focusing on schools with little access to real scientific equipment.

"We'll usually see thousands of people at an event like this," said Mollie Thurman, a staff scientist with Bio Bus who explained several experiments including a ceramic tile that had been submerged in the East River for about a year that was now teeming with sea life.

Council member Ydanis Rodriquez, chair of the council's transportation committee, made a plea to the crowd on behalf of this year's Car Free NYC campaign, which encourages people not to use their cars on Earth Day and to support expanded public transportation and biking and walking options in the city.

Read more Earth Day coverage at **metro.us**

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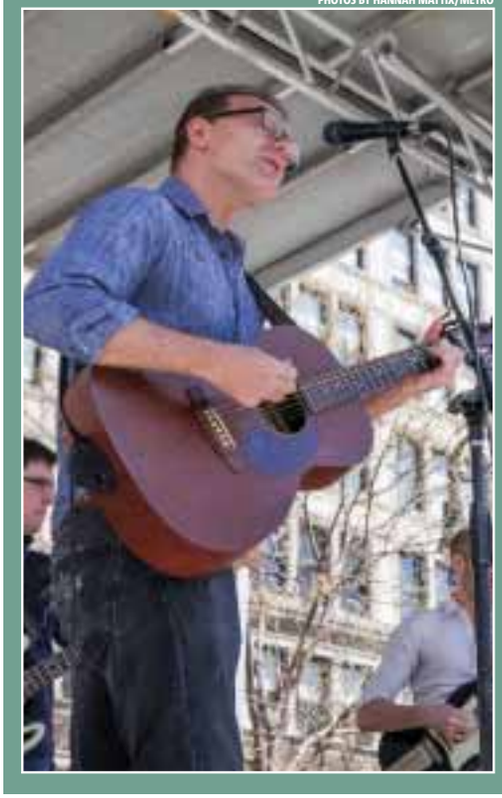
Earth Day in Union Square

PHOTOS BY HANNAH MATTIX/METRO



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Earthquake kills 238 in Ecuador

The death toll from Ecuador's biggest earthquake in decades soared to at least 238 on Sunday as rescuers using tractors and bare hands hunted desperately for survivors in shattered coastal towns.

The 7.8 magnitude quake struck off the Pacific coast and was felt around the Andean nation of 16 million people, causing panic as far away as the highland capital Quito and collapsing buildings and roads in a swath of western towns.

President Rafael Correa rushed home from a trip to Italy to supervise the emergency. "The immediate priority is to rescue people in the rubble," he said. "Everything can be rebuilt, but lives cannot be recovered, and that's what hurts the most."

Visiting the quake zone, Vice President Jorge Glas said 238 had died and more than 1,500 people were injured.

Coastal areas nearest the epicenter were worst affected, especially Pedernales, a rustic tourist spot with beaches and palm trees, which appeared largely flattened.

"There are people trapped in various places, and we are starting rescue operations," Glas said.

Authorities said there were 163 aftershocks, mainly in the Pedernales area. A state of emergency was declared in six provinces.

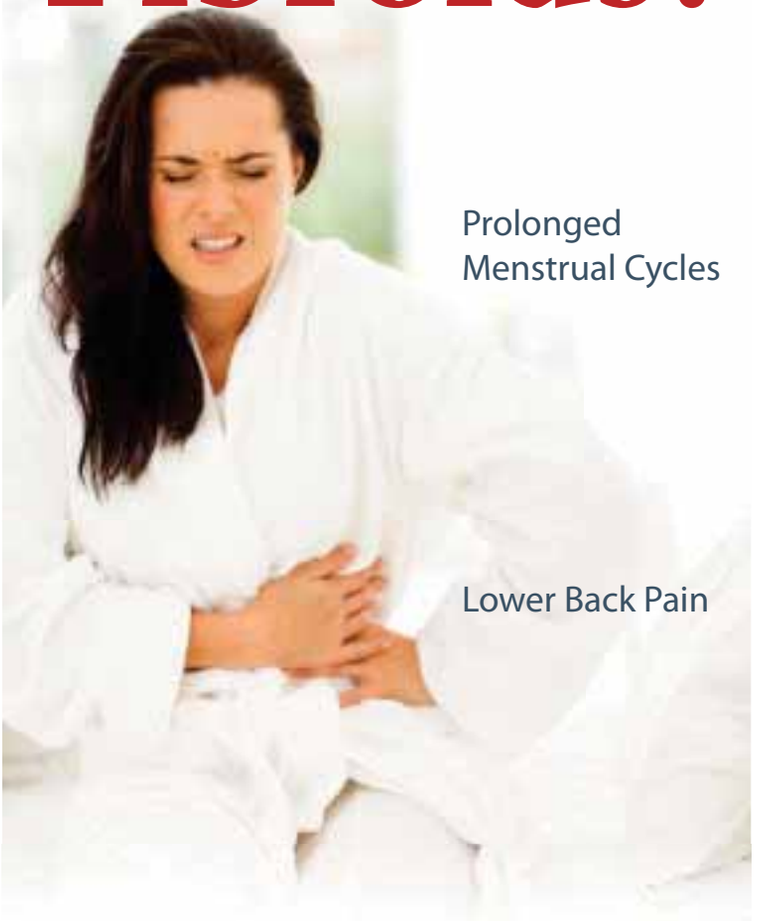
The quake has piled pain on the economy of OPEC's smallest member, already reeling from low oil prices, with economic growth this year projected at near-zero. It has also propelled Glas — a possible candidate in Ecuador's February 2017 presidential election — into the limelight.

One photo on social media purporting to be the entrance to Pedernales showed a torn-up road with a crushed car in the middle and people standing behind.

Local TV station Televicentro broadcast images from Pedernales showing locals using a small tractor to remove rubble and also searching with their hands for people buried underneath. REUTERS

Rescue workers work to pull out survivors trapped in a collapsed building after a huge earthquake struck in the city of Manta in Ecuador. GETTY IMAGES

Fibroids?



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Opinion

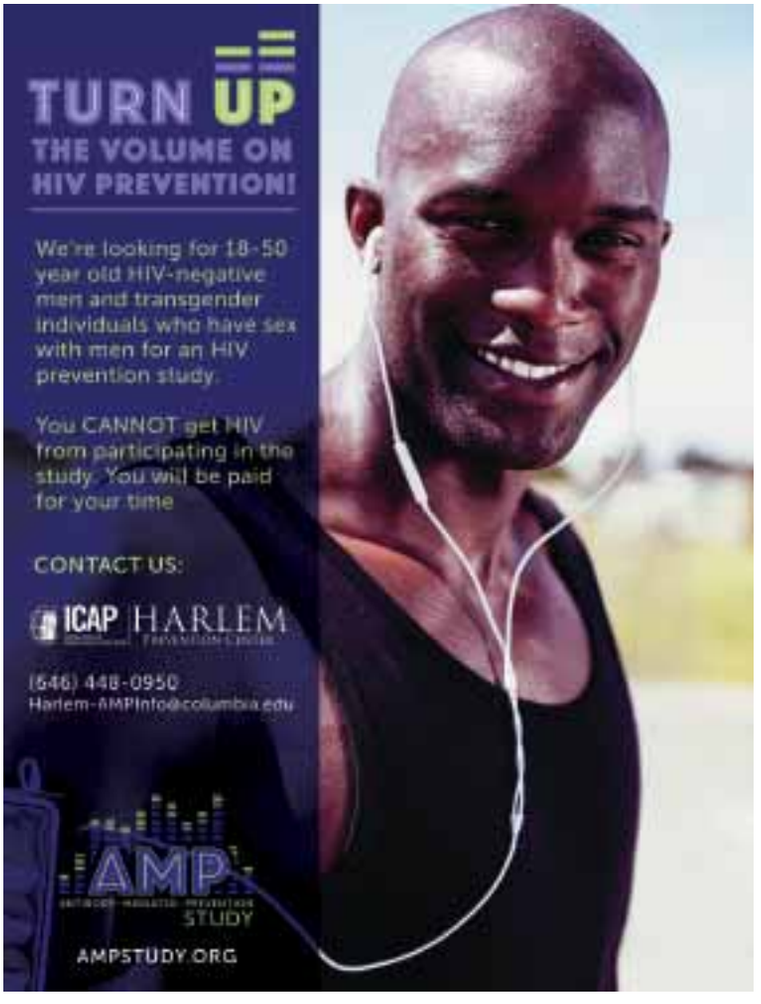
CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

Forget Billy Joel crooning about a New York state of mind. The presidential race is chain-sawing into the Empire State like Iggy and the Stooges in the glory days at CBGB. So heads up headbangers — here are three great Iggy tunes to guide you through my things to watch this week in politics.

1. GIMME DANGER:
Bernie Sanders comes into NYC with enough rock star wins lately to make front-runner, Hillary Clinton, look like she's playing an acoustic set. But his winning states were full of Democrats favorably inclined to protest songs. Now Clinton is back in familiar territory with favorable polls, and in the latest CNN debate she turned her amp up to eleven for all the establishment Dems. She's belting out the I Can Take the White House (... and He Can't) blues, and she's counting on a big win to give her back the momentum – not to mention loads of delegates. If she gets it, for all his power chords Sanders could find himself a lot closer to his final chorus.

2. SEARCH AND DESTROY:
Donald Trump, like Clinton, is hoping his home state will shred his Republican opponents. Polls suggest it might. He has a whopping lead statewide and if he does well in the state's 27 Congressional districts too, he could cart off all 95 delegates. That would push him substantially nearer to clinching the nomination before the convention this summer. But if he busts a string and gives up too many delegates to his challengers, listen for shouts for a contested convention to grow even louder.

3. RAW POWER:
Whether the front-runners pull away or not, you can bet your vintage Les Paul (yeah, that's a nod to you, James Williamson) that the screams over "rigged" primaries will become ear-splitting. Not that any party bosses are listening. They've got iron thumbs on the process and no intention of letting up. But still, it doesn't make the losers any happier ... and when the gig goes bad, sometimes the only idea left is to smash the guitars.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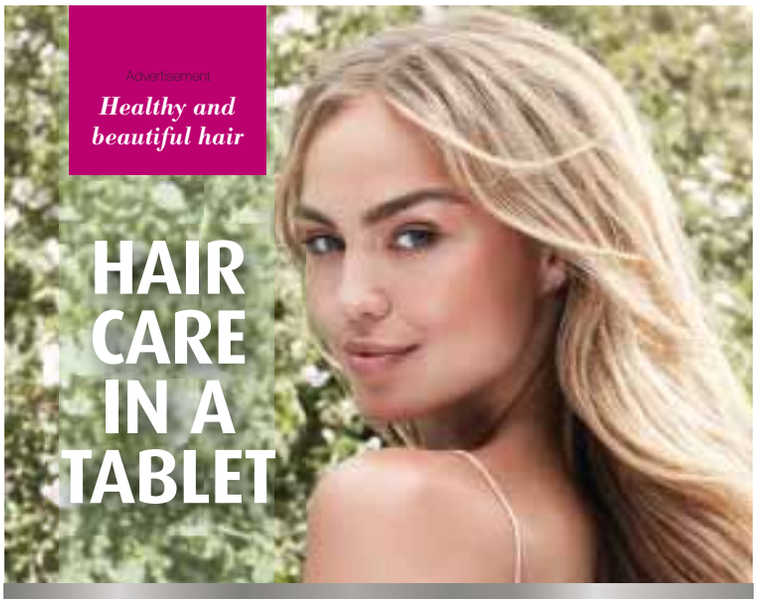

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Putting an end to the Megan Fox paternity speculation

Megan Fox had a lot of fun last week teasing the Internet about who may or may not be the father of her unborn child — not Shia LaBeouf, she was quick to clear up — but it looks like the fun's all over. And it further looks like our first assumption was right along: The father is none other than Fox's estranged husband, Brian Austin Green — which is awkward since they filed for divorce back in August and all. But anyway. People magazine caught up with Green at a celebrity auto racing event, and he couldn't hide his excitement — and terror — at being on the road to new fatherhood once again. "You know, nothing is planned," he said. "None of them are ever planned.

ALL PHOTOS GETTY IMAGES

You kind of just go with it. At my age, to be having three babies, is crazy. I'll be 43 this year." As for that divorce? Not so fast. "This pregnancy was not planned, but when they found out they were extremely happy," a source tells E! News. "They are looking forward for the arrival of their new baby."

George Clooney not a fan of his own fundraisers

George Clooney hosted a fundraiser Saturday night at his home in Los Angeles after co-hosting another fundraiser Friday night in San Francisco — both for Hillary Clinton's Hillary Victory Fund — but he clearly has some misgivings about it. Tickets for the events went for $33,400 a person, which is a lot, as Chuck Todd pointed out when he spoke to Clooney on "Meet the Press." You know who else thinks it's a lot? George Clooney. "I think it's an obscene amount of money," he said. "We had some protesters last night when we pulled up in San Francisco and they're right to protest.

They're absolutely right. It is an obscene amount of money. The Sanders campaign, when they talk about it, is absolutely right. It's ridiculous that we should have this kind of money in politics. I agree completely." He sure has a funny way of agreeing completely, though.

the word

NED EHRBAR
ned.ehrbar@metro.us

@chelseahandler
Every coachella, I insist on leaving the country to avoid explaining to people why I can't be in large crowds; because of the people. Tokyo!

Any ideas what Beyonce has planned for us this time?

There goes Beyonce again, being all cryptic and mysterious. The pop titan teamed up with HBO to release a teaser for … something that's coming this Saturday at 9 p.m. Eastern, 6 p.m. Pacific. Something that involves cornrows, fur coats and parking garages. And is called "Lemonade." While reps for HBO and Beyonce refused to offer

any further details — because, honestly, why would they? — the most popular speculation seems to be landing on the idea of a "music video album," basically releasing her highly anticipated new album in visual form all at once on HBO, which isn't a terrible idea. As eerie music plays in the clip, Beyonce intones, "What am I going to do?" That's what we'd like to know, Bey.

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Meet Neel Sethi, star of 'The Jungle Book'

The 10-year-old kid suddenly found himself shooting a big movie and hanging with Bill Murray.

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Neel Sethi likes watching "Friends." He's 10 years old. As someone who watched "The Newlywed Game" when he was 5 and had zero idea that "Three's Company," one of his most-watched shows, was lousy with risque jokes, I don't find this too weird. Neel feels the same way.

Is it over his head? "A little bit," Neel replies. "But it's still really funny."

One would assume director Jon Favreau's new, effects-heavy film "Jungle Book" would be more his speed. Truth is, he didn't even see the 1967 Disney film until he was offered a role in the super-size new version. Neel takes on the storied role of Mowgli, the orphan boy hero of Rudyard Kipling's stories and the many films made from them, whose only companions are talking animals.

Neel mostly acted with people in motion-capture suits, interacting with a "SimulCam" that showed early but vivid versions of the animals. Technology made it a little easier to suspend belief.

"It would show a bear or another animal instead of a person," Neel recalls. "It looked like I was talking to a normal bear."

Later on, he did get to meet some of the famous people he was acting with, including the star who plays his bear friend Baloo.

Neel Sethi plays Mowgli in the new film of "The Jungle Book," meaning he had to bond with CGI animals, such as the maternal wolf Raksha, voiced by Lupita Nyong'o. DISNEY

"I went to Martha's Vineyard and played football with Bill Murray," he says. "We just played football and ate lobster rolls."

Neel's involvement in the film came suddenly. He lives in New York with his parents, and a dance teacher told him he should try for it. He was on a nine-month shoot just two weeks after flying to Los Angeles to audition for the role.

"I'd never really thought about acting before," Neel says. "Everyone just told me it would be cool to be famous." He's very athletic, which is perfect for Mowgli, who's prone to run about the Indian jungle, scampering through trees and vines.

"I was training in parkour every Saturday during filming. Then they realized I didn't need it," Neel says. "But it still taught me how to land safely and movie-run." Neel likes all sports, and on his six or seven trips to India, where he has family, he's even picked up cricket. He swears it's not as hard to figure out as some Americans (e.g., this one) think.

"It's less complicated than baseball," Neel says. "If they hit the thing behind you, you're out. If you hit the ball farther than the opponent, you get points."

As for Mowgli, he luckily found an affinity with the character he was stuck with for so long.

"We're pretty similar," Neel says. "We're both very stubborn, both very adventurous, and I guess you could say, both very energetic."

Since wrapping, Neel has been in talks for other projects, which — this being Hollywood — he can't talk about. He does want to continue as an actor, but that's not his only goal.

"I also want to be a dentist, just like my parents," Neel says. "That's what I originally wanted to do. But now I want to do two things. Maybe three — like sports."

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

Downtown NYC Medical Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.
Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.
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Please pay careful attention.
What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.
In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.
You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.
And often gets results when many others have failed.
This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?
eliminating the pain.

What Results Can Be Expected?
Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?
Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.
That's why the experts at OsteoReleif Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.
Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.
If you had viscosupplementation without this special digital imaging without good results - this may be why.

"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon
I had surgery scheduled last year. Three month before I made an appointment with Downtown NYC Medical Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at Downtown NYC Medical Institute were outstanding. I cannot ask for better results**. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science. **Dr. Stanley Weiner**

"I don't have any pain any more"

After I had the treatments... the last tuneup...

"Hey this feels terrific"

I was diagnoses bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. Downtown NYC Medical said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** I did both legs at once which is great. When
I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I feel like a new woman - It's amazing."

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get
one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this*. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid." Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even

That's why Downtown NYC Medical Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Downtown NYC Medical Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain:
Special Your Invitation

Downtown NYC Medical Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at Downtown NYC Medical Institute.

For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call| 800-227-KNEE to schedule your screening. Many of the treatments offered at Downtown NYC Medical Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

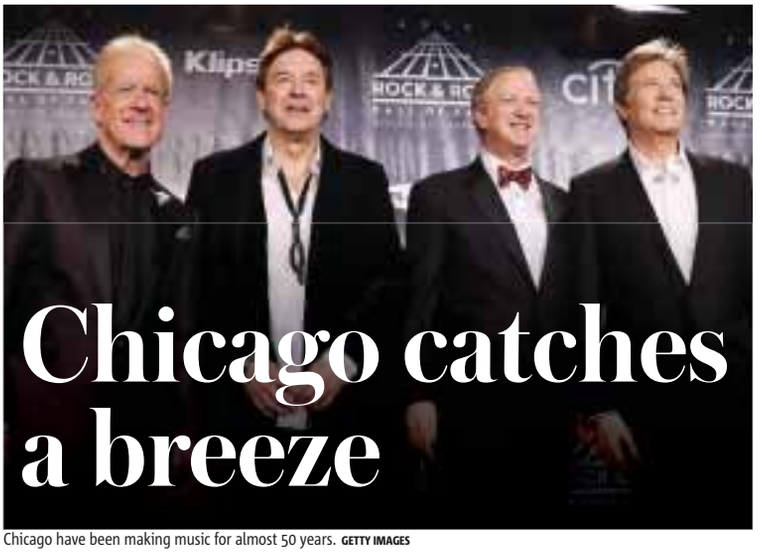
The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**



Chicago catches a breeze

Chicago have been making music for almost 50 years. GETTY IMAGES

The newly-inducted Rock and Roll Hall of Famers are "sprinting uphill."

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@MetroNewYork
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When it came to receiving perhaps the biggest honor in rock, Chicago are proof that it's better late than never.

Until late last year, the popular horn-driven group had never been nominated for the Rock and Roll Hall of Fame, even after a long history of successful albums and hit songs. That oversight was remedied when Chicago were finally inducted April 8.

"It's an honor," says Chicago co-founder/trumpeter Lee Loughnane. "I didn't realize how exciting it would actually be [until] it happened."

The original members of Chicago were honored at the Rock and Roll Hall of Fame ceremony earlier this month in Brooklyn, including founding guitarist-singer Terry Kath, who died at the age of 31 in 1978.

"Through the years, his guitar playing has been overlooked," says Loughnane of his former bandmate, "Probably because [he was] in such a large band, but if Terry had been in a trio, he probably would have been right up there with Jimi Hendrix, who idolized Terry. It's great for Terry to be involved in this honor as well as us. He has still been with us in spirit all these years."

Despite facing snubs while Chicago racked up an impressive string of hits during the '70s and '80s like "Saturday in the Park and "You're the Inspiration," Loughnane and the band stayed humble and grateful.

"I think we had pretty much resigned ourselves. We were lucky enough to keep working," Loughnane explains. "I think [this honor is] going to give a boost to our career in our 49th year of being together. Rather than trotting into the 50th year of our existence as a band, we'll be sprinting uphill."

Chicago has survived different lineups and changing musical trends, with original members Loughnane, Robert Lamm, Walt Parazaider and James Pankow still leading the way. He notes, "The music has resonated with [so many different generations] in the way that the previous generation had."

When it comes to touring, Chicago are a nonstop machine, on the road pretty much annually. "We've enjoyed doing it," Loughnane adds. "I've never done anything else with my life, so this band is it. Three things that have never failed me are music, my trumpet and the guys in this band."

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TurnStyle opens Wednesday morning. PROVIDED

Columbus Circle has (another) mall

A long-empty corridor of the 59th Street-Columbus Circle subway station is getting a mall and food court called **TurnStyle**. The restaurants, which include grilled cheese shop MeltKraft, vegan darling Blossom Du Jour, crêperie By Suzette and more, will have enclosed seating so your coffee (there will be three cafes among the 32 shops) won't constantly be knocked over by rushing commuters. The corridor, which can be accessed outside of the turnstyles, will open Wednesday. The mall will also include natural cosmetics store Lush, a Fab.com pop-up store, menswear store Spectre & Co. and on-the-go necessities.

Meat Week at The Doughnut Project

Putting bacon on doughnuts is basic. **The Doughnut Project** (10 Morton St.), best known for the Everything Doughnut that fused the best bagel with the only better round food with a hole, is turning the concept of savory-sweet and turning it up to 11 with Meat Week, from April 18-22. Each day brings a different "charcuterie doughnut" to the West Village shop with ingredients like roasted bone marrow and prosciutto. The doughnuts are available only from noon to 1 p.m. each day.

Take a culinary tour of India

Midtown's **Utsav** (1185 Sixth Ave.), relaunched with a new chef in November, is starting a dinner series exploring the cuisines of India. First on the itinerary is the southern region of Kerala, Tamil Nadu and Karnataka, where chef Hari Nayak's hometown of Bangalore is located, with a special Dakshin menu ($40) served from April 18-23. Each of the three courses offers several options, including green masala-roasted seabass, wild mushroom uttapam and Hyderabadi bread pudding with saffron-infused milk.

Standard Biergarten is back

High Line-adjacent German-style beer hall **The Standard Biergarten** (848 Washington St.) returns today beginning at noon with a new menu that, as a sign of our increasingly vegan times, will now have vegetarian options. Also new is the Benediktiner Helles Lager, a fruity, full-bodied lager from Munich. EVA KIS

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How to navigate tricky friendship problems

Money, marriage, babies: None of it has to break your bond — you can grow up without growing apart.

EMILY LAURENCE
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emily.laurence@metro.us

In college, most experiences are shared experiences. But life in your 20s and 30s is full of change — and different changes happen at different times for different people. To get advice on growing up without growing apart, we called up Shasta Nelson, CEO of GirlFriendCircles.com and author of "Friendships Don't Just Happen."

Three things every friendship needs to survive

"Every friendship needs three things to survive life changes: positivity, consistency and vulnerability," Nelson says. They're so important, she just released a book all about them called "Frientimacy."

"Anytime a friendship is not working, it's because one of those things is lacking," she says. Feelings like anger or jealousy can threaten the positivity sector, while not talking or hanging out as much eats away at consistency. If you aren't willing to share as much as you used to, vulnerability is lost. She tackles three common friendship changes here and how to weather them using these three friendship anchors.

Pay gaps

Even good friends don't like to talk about money, and that can strain a friendship. "Keeping in mind the positivity factor, we want to affirm our friend for doing well financially, if he or she is the one better off," Nelson says. "The friendship will start eroding if you give in to jealousy, cynicism and passive-aggressive remarks."

To keep the friendship consistent, if you are the one making less money, it will likely be up to you to initiate ways you can hang out that you can afford. "Often when we pull away, it's because of our own insecurities and self-judgments," Nelson says. "It's important to be mindful of that and not let those feelings drag you down." It's also important to be vulnerable, telling your friend how you feel, even if means admitting you feel jealous at times. Your friend will likely be completely understanding.

Every friendship needs three things to survive: positivity, consistency and vulnerability. ISTOCK

Marriage

If you're used to being your friend's No. 1 confidant, but now that role belongs to her new life partner, it's normal to be jarred by the shift. Nelson's advice: Talk it out. "We know from research that friendships deepen when people are able to talk about the relationship, not just have it," she says.

Babies

Having a baby is one of the most intense changes someone can go through. Regardless of whether you're the new parent or your friend is the sleep-deprived one, Nelson says both people need the space to talk about what's going on in their life.

She tells us that you don't have to be a mom yourself to give your new-mom friend a safe space to talk about her life.

"Ask her what it's like being a mom, the hardest part or what she's scared of," she suggests.

Whatever change your friendship is experiencing, figuring out a new normal together will help keep it intact.

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Safe sex? There's an app for that

The "sex ed in your pocket" app allows potential partners to record consent before doing the deed.

ALIZAH SALRIO
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Want to be sure you're engaging in safe, consensual sex? There's an app for that.

Really. Yes to Sex, which launched April 8, isn't your typical sex conversation starter. The app allows potential partners to call a timeout before doing the deed to review consent facts, share any STD information, agree on protection (yes or no) before verbalizing and recording individual consent decisions on the app.

App founder Wendy Mandell-Geller, a mom of three college-age students, is billing the app as "sex ed in your pocket." And like the giggle-inducing condom-on-a-banana shtick,

we're guessing that it's awkward and only somewhat effective.

Here's how it works: Partners can identify their sexual mood by choosing from words like "delicious," "horny" and "sorry, not interested." Then they can record a verbal statement of consent, including a safe word. If it's a match, then they're free to do the deed.

Mandell-Geller says she created the app to "empower teens and young adults to initiate conversations with their partner(s) about consent and the use of protection in a modern, approachable manner that fits into their lifestyles." Geller points out 25 percent of female students and 6 percent to 8 percent of male students are sexually assaulted each year on campuses. There's murkiness around what consent means, and it's a major issue.

But will recording consent help or complicate matters? There's probably an entire Foucauldian essay on communication and language that could written about the app, but we'll spare you. Simply consider that other consent apps like Good2Go have been roundly criticized. Even a "yes" prior to getting down doesn't invalidate a "no" at any point further down the line — even with a safe word. Yes means yes, but no means no.

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Can these pencils save the planet?

This entrepreneur is making sustainability simple, one writing implement at a time.

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Michael Stausholm, CEO of Sprout. PROVIDED

Entrepreneur Michael Stausholm knows a good idea when he sees one. In 2012, when he came across a Kickstarter campaign from three MIT students who'd created a plantable pencil made from sustainable wood with a dissolvable seed-filled capsule at the end in lieu of an eraser, he knew he'd struck gold — or rather, green.

"[At the time] I was advising large companies on sustainability and responsible production, and everyone was talking about sustainability, but no one could explain it. I was told that the Sprout pencil was a great illustration of what sustainability is all about — they way you use a product and instead of throwing it out afterward, you plant it and literally give it new life," says Stausholm.

Just two years after buying the rights and patents of the pencil design, Stausholm owns and runs Sprout, which launched its first U.S. office in Boston in September (Sprout's other office is in Stausholm's native Denmark).

Though the company sold 1.7 million pencils in 2015 and profits are expected to hit $1 million in 2016, Stausholm wasn't always so sure his risk would pay off. Even a close friend told him investing in a plantable pencil was crazy. But what kept him going was his passion for and belief in sustainable products.

"I started it three years ago, and the first year was very tough," says Stausholm. "It was a success, but I didn't make much money for myself, and I came from a high-paying consulting job."

Here's how it works: When the pencils are used up, the capsules are planted and blossom into a variety of herbs, vegetables and edible flowers. The colored pencils are $19.61 for an assortment of eight, the mix of eight regular pencils is $18.09, and the mix of three is $7.45. Though the company has started a line of plantable cards, similar products with a "dual function" aren't all that common.

"Mostly companies develop products that you can easily recycle. But products with a totally different use, we don't really see that much," he says.

All Sprout pencils are made from sustainable cedar wood, meaning for every tree cut down, a new one is planted, so there's no deforestation involved in the production process — as long as the consumer follows through and plants it after use.

Pencil naysayers who think the old-school writing utensil is dead just need to look at the numbers: In 2015, between $13 billion and $14 billion pencils were produced globally.

"Because everything is going so fast today, with iPhones, smartphones and so on, people want to take it a little bit easier sometimes. Having to take notes with your hand, or mindful drawing, which is becoming very, very popular, with colored pencils, that's giving the pencil a revival," says Stausholm.

There's really no downside to the pencil — unless you're an eraser-chewer. "If you chew on the pencil, you get peet in your mouth. It's harmless, but it definitely helps you break the habit of chewing on the pencil." Though Sprout pencils are sold in 60 countries, the majority of the market is in Europe. The company is partnering with schools, companies and the Earth Day initiative to increase availability in the U.S.

Says Stausholm, "We can't save the world, but we can try to make a small difference in everyday life by purchasing sustainable and organic products."

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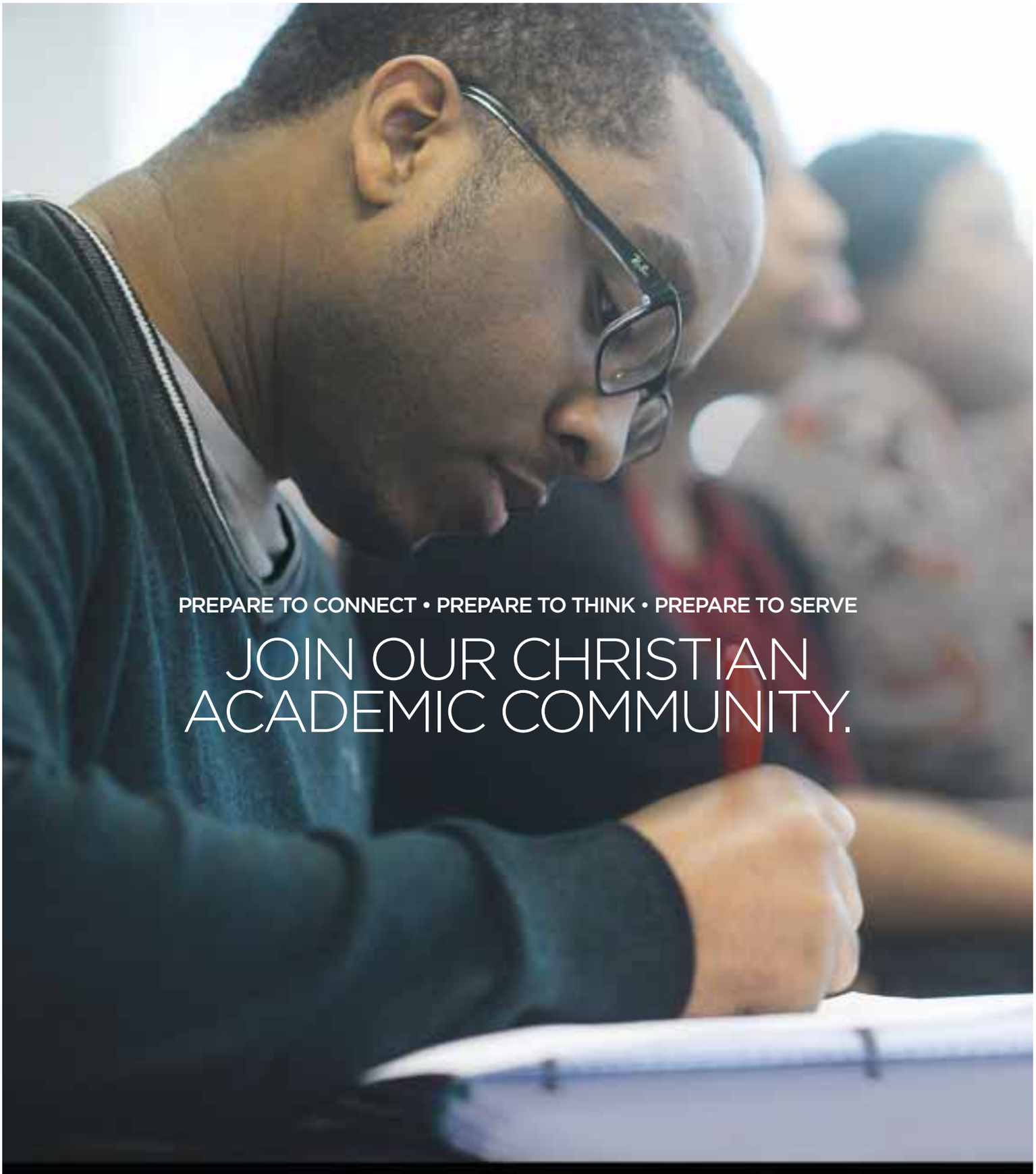

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Co-working is getting way cooler

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Not long ago, saying you rented a co-working space might garner a raised eyebrow or two. Why would anyone want to return to an office when they could work from home? But the rapid rise of telecommuters and contract jobs has proved otherwise: Independent workers still crave the structure of an office.

As co-working evolves, watch for these three new trends.

Far-reaching co-working networks

Co-working spaces have a reputation for catering to slick startups based in hipster-heavy urban centers. But the fact of the matter is, co-working spaces attract a wide range of people, including part-time consultants and corporate types who spent decades as cubicle dwellers. And while you're still more likely to find co-working spaces in major cities, plenty of suburban workers want the same benefits of a dedicated workspace without the city commutes, says Miriam Christof of Boston-based Workbar.

Hence the rise of co-working networks like Workbar's that ascribe to the "hub-and-spokes" model. Workbar offers large dynamic co-working spaces, or "hubs," in Boston, Cambridge and Union, as well as smaller "spokes" outside Boston, often tied to partnerships with universities or businesses. For instance, a new Workbar partnership with Staples gives workers in surburbia access to a local workspace (and a copy center).

Luxury co-working

Similar to some Silicon Valley tech companies that offer all sorts of on-site amenities, posh co-working spaces are branding themselves not just as places to park a laptop, but as "lifestyle" spaces.

At co-working behemoth WeWork, exercise and yoga classes, massages and wellness sessions, plus personal services like monthly on-site haircuts bring the outside in to busy professionals. Purified water, craft coffee, discounts on Citibikes,

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Clockwise, from left: Industrious; WeWork; Bat Haus; Workbar PROVIDED

Zipcars and even cracked iPhone screen repair make this the all-inclusive-resort of co-working spaces. If this is too much to process, there's a meditation room in some WeWork locations. With desks starting at $500/month, members might need a moment of Zen.

Along those lines, Brooklyn's Industrious offers members high-end chocolate from Mast Bros., chips from McClures, bagels from Bergen Bagel, beer from Six Point Brewery and pastries from the tony Colson Patisserie. If gourmet treats don't satisfy your craving for luxury, try the space's relaxation room or third-floor speakeasy and terrace. Oh, and there are also kegerators.

Work-wellness spaces

Setting boundaries between work and life is difficult, especially when you're your own boss. No wonder so many co-working spaces are offering community-building and support networks.

Bat Haus in Brooklyn's hipster Bushwick neighborhood, for instance, takes the chillax ethos to a new level with happy hours and weekly drink'n'draw events featuring a nude model. It also sponsors gatherings from nonprofit organizations, such as a meeting on human-trafficking awareness and activist-oriented film screenings (it recently showed a documentary about foster families and children). Bat Haus also hosts weddings, baby showers and seasonal flea markets on the weekend (another new trend, perhaps?)

Nearly all the spaces we looked at incorporate some element of wellness, but one of our favorites (and least expected) has a payment option to give you peace of mind.

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Rangers blue liners Skjei, McIlrath make postseason impacts

The Rangers are getting a much needed boost from its youth this postseason.

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The Rangers present is promising, as is their future as shown by a pair of talented young blue liners. GETTY IMAGES

For a decade, the New York Rangers have been defined by one man: Henrik Lundqvist.

For as he went, so, too, did the franchise.

Even though that fact has not changed — and will not change in this playoff season — the Rangers and their fan base are potentially getting a glimpse of the organization's future in the persons of Brady Skjei and Dylan McIlrath.

"To have guys get this opportunity to get more minutes, more responsibilities, I hope they like it," Lundqvist told reporters after the Rangers' series-tying 4-2 win in Game 2 at CONSOL Energy Center. "It's a good opportunity for them to showcase their game. Guys are coming in here and playing really well.

"We need that right now."

Outside of Alain Vigneault's mid-afternoon conference call with reporters, the Rangers were off Sunday. The organization did announce the signing of 21-year-old forward Malte Stromwall.

Stromwall had a slash line of 25 goals and 17 assists in 42 games this past season for AIK of Allsvenskan. In 55 career games for AIK of Allsvenskan, Stromwall recorded 27 goals and 19 assists for 46 points, while adding another 14 points — nine goals and five assists — in Swedish Hockey League play.

While it remains to be seen whether or not Stromwall ever plies his trade on Broadway, the current edition of the Rangers are focused on the present, with Game 3 set for Tuesday night at the Garden.

Which will likely mean more Skjei and McIlrath on the Rangers' blue line.

Skjei and McIlrath have essentially replaced Ryan McDonagh and the struggling Dan Girardi in the lineup. McDonagh sustained a broken hand blocking a Brandon Dubinsky shot in the Rangers' 4-2 win over the Blue Jackets on Apr. 4 at Nationwide Arena in Columbus, Ohio.

Prior to the start of the playoffs, Vigneault hinted McDonagh could return if the series went long. It remains to be seen if the same is the case for Girardi. Vigneault diagnosed the veteran with a "whole thing" ailment during his media availability Friday in Pittsburgh, when asked if Girardi had an upper- or lower-body injury.

Skjei essentially played in place of McDonagh, while McIlrath dressed for Girardi in Game 2. Neither looked out of place.

Skjei has recorded one point on an assist in 36:10 spanning games 1 and 2. A further examination reveals the 28th overall pick in the 2012 draft has two shots on goal, eight hits, blocked four shots while skating 2:58 on the power play and 4:23 shorthanded in the two games in Pittsburgh.

McIlrath, the 10th pick in the 2010 draft, recorded a shot on goal in 9:07 of ice time in Game 2, which included 36 seconds shorthanded.

"It's so important," Lundqvist told reporters after Game 2. "You need to in the regular season because there are so many games, you need different guys to step up. Going into the playoffs, everything steps up; it's another level of intensity and pressure."

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IS THERE DRAMA IN THE METS LOCKER ROOM?

You'd think the manager of the National League champion Mets would be a little more at ease this early on. GETTY IMAGES

OPINION

MARC MALUSIS
@marcmalusis

Terry Collins needs to relax.

Going into the Sunday afternoon affair in Cleveland, the Mets are a 4-6 baseball team. But all hope is not lost.

The long baseball season is a marathon, not a sprint. Nothing has been or will be decided this early in the season.

I am not concerned by the Mets' start in any way, shape of form. However, I do get concerned if Terry is walking around that clubhouse as tight and tense as he appears to be.

Following last Wednesday's 2-1 victory over the Marlins, one the manager said the team "had to win," and he would go on to say, "I'm not worried about the confidence. I'm worried about ... the perception is that there's no energy here. Which is completely not true. That we're not prepared or we're overconfident or we're not taking things seriously. I heard that last night and it made me sick to my stomach. That people actually think that this team — that accomplished what they did last year — would have any semblance of that type of makeup."

This comment would concern me if I were running the Mets. Being too intense and too tight can certainly rub off on a team and that would certainly have a negative impact now and over the duration of the regular season.

What he did last Wednesday out at Citi Field just made no sense. In all honesty, he seemed to be chasing ghosts. To be trying to make the media the enemy in Game 8 would lead me to believe there is an issue in the Mets clubhouse.

I do not know that, but why would Collins get as angry as he did and feel the need to spout off the way that he did. If Collins is reacting to what is said on TV, in the newspaper or on the radio, than Collins is already in trouble. He can't listen to any of us. It is sure to get you fired, and where exactly was this overwhelming criticism of his team?

Certainly, they were not hitting at that point and ultimately were not off to a good start in the win-loss column. But to be talking about Game 8 of the regular season against the Marlins as a must-win situation in order to send a message to those that have been critical and for the fan base is just off-base and wrong. You will not make it. You will ultimately lose your team over the course of the 162-game season.

This is not the playoffs and there are no must-wins, unless you don't have a win, in the month of April. Heck, it was Terry Collins last Tuesday night that admonished the media after yet another loss, that made reference to the baseball season being a "marathon."

Why the overreaction? Why now? Is there internal pressure that we do not know about?

Who knows? I have always been a supporter of Collins as the Mets struggled to find wins. He was given a bad hand and this was his last chance to manage on the major league level and I wanted Collins to have an opportunity to manage a team that had expectations to win.

You have to remember, it did not end well for Collins in his two previous stops as a major league manager with both the Astros and Angels. In both places, he might have been too intense for the players' liking. Before this season, Collins was a bridge guy. Wait for bad contracts to expire. Wait for young players to develop. Wait for young pitchers to develop and for the most part get ready to do a lot of losing. This year, that all changed.

The Mets are a contender in the National League and have expectations to win a World Series for the first time since 1986. Collins needs to relax for himself, for the team and for the fans.

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LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT - COUNTY OF QUEENS

JP MORGAN CHASE BANK, NATIONAL ASSOCIATION,

Plaintiff,

Against Index No.: 943/13

DAVID WELLS, ELIZABETH TEJADA, her respective heirs-at-law, next-of- kin, distributees, executors, administrators, trustees, devisees, legatees, assignees, lienors, creditors and successors in interest and generally all persons having or claiming under, by or through said defendant who may be deceased by purchase, inheritance, lien or otherwise, any right, title or interest in the real property described in the complaint herein, ET AL.,

Defendant(s),

Pursuant to a Judgment of Foreclosure and Sale, duly entered in the Queens County Clerk's Office on 10/26/2015, I, the undersigned Referee, will sell at public auction, at the Queens County Supreme Court located at 88-11 Sutphin Boulevard, Jamaica, New York 11435, in Courtroom #25 on 5/13/2016 at 10:00 am, premises known as 97-42 104th Street, Ozone Park, NY 11416, and described as follows:

ALL that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in Ozone Park, Borough and County of Queens, City and State of New York, and designated on the tax maps of the Queens County Treasurer as Block 9405 and Lot 24.

The approximate amount of the current Judgment lien is $391,211.45 plus interest and costs. The premises will be sold subject to provisions of the aforesaid Judgment of Foreclosure and Sale; Index # 943/13.

David L. Cohen, Esq., Referee.
STIENE & ASSOCIATES, P.C. (Attorneys for Plaintiff),
187 East Main Street,
Huntington, NY 11743
Dated: 3/24/2016 File Number: 201001899 MNB

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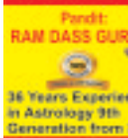

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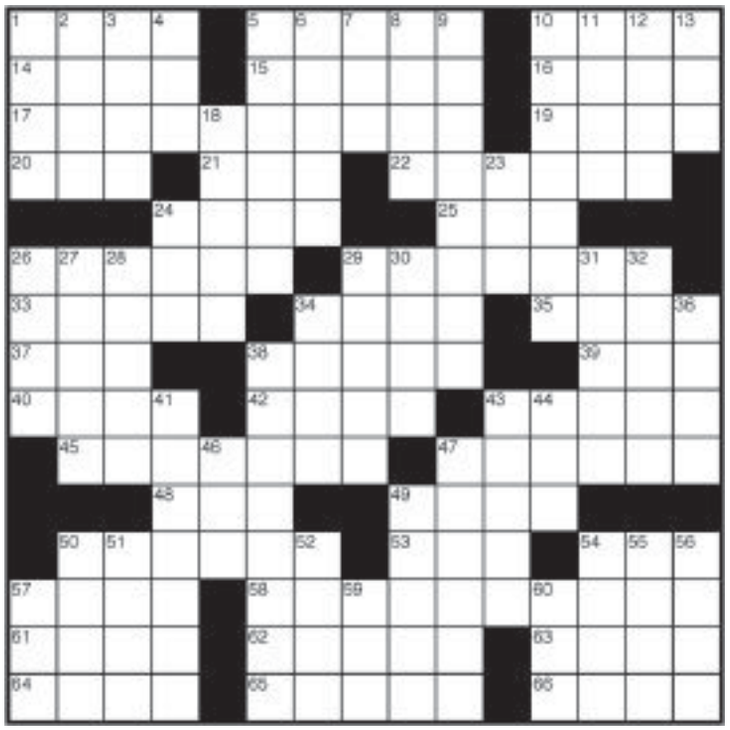

Across

1 In that case (2 wds.)
5 Blue Grotto isle
10 Potting medium
14 Smell
15 Tearjerker?
16 Perimeter
17 Undeveloped area
19 Nothing, in Nice
20 Stretchy bandage
21 Baton Rouge campus
22 Stalked prey
24 Kadiddlehopper
25 Hawaii's Mauna —
26 Positive
29 Endurance
33 Round buildings
34 ... room to swing — —
35 Twig juncture
37 Peyton's bro
38 Hold responsible
39 — Lactea
40 Sari sporter
42 Snakes lack them
43 Flattens a fly
45 Polish
47 Slick
48 Guys and fellows
49 Didn't get billed
50 Ambergris source
53 Put a -- on it!
54 Go for the gold
57 Apply a mudpack
58 Tiny paw? (2 wds.)
61 Opposed
62 Steal the scene
63 Hacker's pets?
64 Genuine nuisance
65 Severity
66 — — impulse

Down

1 Captain Kirk's home
2 S&L protector
3 Foot part
4 California fort
5 Victorian garment
6 Caesar's year
7 Diner staple
8 — Hashanah
9 Keep out the cold
10 Refer to
11 McClurg of sitcoms
12 Like good brandy
13 Half a score
18 Las senoritas
23 — de plume
24 Mgmt. biggie
26 Internet surfer
27 Saffron dish
28 Deli crepes
29 Kind of tactics
30 Berets
31 Exploding stars
32 Mine entrances
34 Woe is me!
36 No sweat
38 Steel-making process
41 Dwell
43 Water-park feature
44 Big bankroll
46 Underwater shocker
47 Spat
49 Demoted planet
50 Ebb
51 Shacks
52 — Valley, Calif.
54 Stuck-up
55 Quechua speaker
56 TV genie portrayer
57 Skip stones
59 Wassail alternative
60 MD employer

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easy

		8			2	3		
6	7				5		8	2
		9	4				1	6
			6			7		1
9		1			4			
1	3				7	4		
4	8		2				7	3
		7	3			6		

hard

			7					
9	7			6	5			2
				9	8		3	
		4	6		7		9	5
	1						7	
7	2		5		4	6		
	8		3	7				
1			2	5			8	3
					6			

metro.us/horoscopes

Aries Take care of your responsibilities and move on to projects that you enjoy doing. A physical update will lead to compliments. Romance will lead to a life-changing promise.

Taurus Socialize with people who have experiences to share that will encourage you to follow through with your own plans. A kind gesture will bring results and an opportunity.

Gemini Being helpful is honorable, but don't offer too much of your time or money. Approach each situation with a suggestion. Don't commit to take on someone else's responsibilities.

Cancer Changes at home should make you more comfortable or give you more space to work on a project that excites you. Someone you encounter will reveal interesting information.

Leo Take the initiative and set up plans to take a short trip or look for an alternative way to bring in more cash. Romance will improve your life.

Virgo Think out loud. Sharing your ideas will put you in a leadership position. Business trips or networking functions will help secure a better future.

Libra Deal with matters concerning friends, relatives or loved ones. You'll be able to bring peace to a situation that is festering. A change of heart will improve your life.

Scorpio Get involved in what's going on around you. If you let your voice be heard, you will make a difference. The connections you make will offer new and exciting prospects.

Sagittarius Stick close to home and take care of your residence. Be careful while operating equipment or machinery. Love is on the rise, and nighttime romance looks promising.

Capricorn An unexpected turn of events will leave you reeling. Take one step at a time, while taking practical steps to ensure you don't suffer a loss due to someone else's poor judgment.

Aquarius You'll have plenty of great ideas. Don't wait when you need to put your plans in motion before someone beats you at your own game. Romance will lead to a promise.

Pisces You'll have opportunities galore if you are intent on following through with your creative dreams. Don't let someone's negativity stifle your plans. EUGENIA LAST

Yesterday's answers

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